

LASIK POST-SURGERY ACTIVITY SCHEDULE

Congratulations on completing your laser vision correction procedure!

To ensure a smooth recovery, it's important to carefully follow these post-operative instructions. In the first month after your surgery, it's recommended to avoid any contact with your eyes. Please note that it's normal for red areas to appear on the white part of your eye. These should subside within two (2) to four (4) weeks following surgery.

Additionally, your post-operative appointments (both in-person and virtual) are very important to assess the healing of your eyes. Please ensure you attend each appointment.

Eye rubbing and applying pressure on the eye after surgery are strongly discouraged at any time, even years after the healing process is completed. Get into the habit of not rubbing your eyes nor putting pressure on them.



THE DAY OF SURGERY:

After surgery, it's normal to experience tearing, a burning sensation, and/or difficulty keeping your eyes open. Discomfort after LASIK surgery varies, but it usually subsides after the first day. Some patients like to have a friend or family member nearby to assist them in the first few hours following surgery. It's important to avoid activities in which the eye may be poked, rubbed, or touched. Be sure to keep your eyes well lubricated.

It's recommended that you go directly home and take a nap to rest your eyes. Before doing so, please apply your drops as directed. Should you need to clean your eyelids when you wake up, **DO NOT RUB**. Instead, use a soft, damp facecloth or sponge in a gentle downward motion.

What NOT to do following your surgery:

- Avoid eye rubbing. Instead, use lubricating drops when they feel irritated.
- Don't squint or squeeze your eyes. Keep them gently closed.
- Avoid staring without lubricating your eyes.
- Avoid using digital screens (such as a television, tablet, or cell phone) and reading for the first 24 hours.
- Avoid showering (you may take a bath but avoid getting soap or water in your eyes).
- Avoid alcohol or smoking.
- No driving. Do not drive until you've been given the go-ahead after seeing an eye care professional at your 24-hour post-operative appointment (This applies whether you've had surgery in one or both eyes).



Eye protection: It's important that you wear your LASIK MD-provided sunglasses as follows:

- First 24 hours: at all times, both indoors and outdoors.
- To sleep: for the first night, only to prevent eye rubbing.
- First 48 hours: every time you go outside to protect and shield your eyes from wind and dust.

Caution: don't wear your sunglasses while driving at night-time.



THE DAY AFTER SURGERY YOU ARE PERMITTED TO DO THE FOLLOWING:

- Shower (avoid getting soap or water in your eyes).
- Low-maintenance activities (such as reading or writing for work and/or school).
- Drive short distances (but only if you've gotten approval from an eyecare professional).
- Use digital screens (while keeping your eyes well lubricated).
- Fly in an airplane (please keep eyes generously lubricated and apply eye drops approximately every 30 minutes or so).
- Apply facial makeup (but not eye makeup).
- Lift objects of moderate weight.
- Use a sauna or steam room.

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Activities	3 days		7 days	1 month		3 months
	No eye protection required	Eye protection required	No eye protection required	No eye protection required	Eye protection required	No eye protection required
• Apply eye makeup (but please remove it gently and avoid touching the eyes). • Light exercise (such as using a treadmill, Stairmaster, or stationary bike). • Play gently with babies and toddlers. • Jogging, rollerblading, tennis, baseball, casual bicycling, horseback riding, golfing, and boating. • Dying hair, eyebrow waxing, and facial muscle relaxants around the eyes or forehead. • Sun-tanning and salon tanning.	✓					
• Waterslides, scuba diving, and snorkeling. • Water skiing, windsurfing, surfing, and kayaking. • Skiing and snowboarding. • Hockey, basketball, football, and soccer.	X	✓		✓		
• Squash, racquetball, and badminton. • Motorcycling and snowmobiling. • Dirt biking and mountain biking.	X	✓				
• Swimming and sailing.	X	✓	✓			
• False eyelashes, eyelash extensions and eyelash growth products.	X	X	X	✓		
• Parachuting and bungee jumping.	X	X	X	X	✓	
• Boxing and mixed martial arts.	X	X	X	X	✓	✓
• Blepharoplasty (eyelid surgery).	X	X	X	X	X	✓

The above activity schedule is a guideline to avoid direct trauma to the eyes. If you are in doubt, wear eye protection to be safe.

Should you have restrictions indicated on your driver's license that require you to wear glasses or contacts while driving, then you may wish to have them removed. Please visit your local registry office after your surgical procedure has been completed for more information on the provincial regulations for removing this restriction.

Please notify LASIK MD if you are admitted to the hospital for any reason within 30 days following your procedure, whether related to your vision or not.